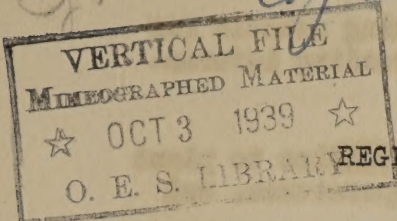


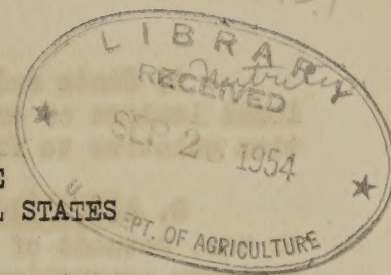
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REPORT OF THE NUTRITION SECTION OF THE
REGIONAL EXTENSION CONFERENCE FOR THE CENTRAL STATES
JULY 25-26, 1939



No attempt has been made to summarize the whole Conference, as outlines of the various talks were sent in by the speakers before the conference opened. These outlines were made up into a booklet and distributed at the first meeting of the Nutrition Section. Therefore, this report is supplementary only.

I. Next steps suggested in guiding the development of the freezer-locker movement in the Central States.

Every one of the Central States has reported some freezer-locker plants. Iowa is the only State that has a State law setting minimum standards for such plants. In the discussion following Gertrude Allen's (Kansas) excellent summary of the freezer-locker situation in the Central States, the group suggested the following possibilities of guiding this rapidly developing method of home food preservation:

1. That there be a survey of activities relating to freezer lockers as conducted in all departments of the college.
2. That a committee be appointed within the extension service. A similar committee for the college as a whole might be desirable.
3. In States where freezer-locker interest is widespread, training schools might be held for men and women extension agents, covering principles and procedures underlying successful operation of the plant; the selection, preparation, and processing of fruits, vegetables, and meats for freezer-locker storage; and the place of freezing in the home food-preservation program.
4. Information and guidance should be made available to existing associations of locker-plant operators and managers, and to other interested groups.
5. The participation of recognized authorities on freezing preservation would be valuable in training schools and institutes for extension workers and locker-plant managers.
6. Directions being distributed by plant operators to patrons might be checked to make sure that only correct information is being given. The institution might well prepare or approve brief nontechnical directions on procedures and temperatures suitable for operators to distribute to patrons.

7. State and local exhibits, open meetings, and training schools for local leaders of extension groups are important means of spreading information relative to freezing procedures and problems.

8. A calendar of timely news and radio releases on varieties to plant or use, methods of handling seasonable products, correct temperatures, and sanitary precautions would be helpful.

9. Since very few States now have laws regulating freezer lockers and commercial quick-freezing plants, it might be desirable for State groups, including research and extension workers, operators, and patrons to explore the possibilities of constructive legislation, in consultation with the committee of the American Public Health Association which is considering this question under the chairmanship of Dr. D. K. Tressler of the N. Y. State Experiment Station at Geneva.

II. Summary of joint session with women of the 4-H Club Section.

The attached chart prepared to show similarities and differences in the organization of girls' 4-H Club work in the Central States as a background for discussing 4-H projects in foods, nutrition, and health, was not received in time for discussion at this session. The most striking differences involve length of project year, number of weeks devoted to food units, length of project meetings, and uniformity of major project within the county and within the club. Two States employ full-time nutrition specialists for the 4-H Club program. In one State the two specialists between them provide practically full-time service. In six States, the same specialists service both the adult and the 4-H Club program, giving from 1/3 to 1/2 of their time to the latter.

In almost all the Central States, the preparation of literature and holding of training schools for volunteer 4-H Club leaders are important duties of specialists. Contributions of leader training were agreed to be: Better understanding and approach, better methods and techniques, greater confidence and satisfaction on the part of leaders; and greater interest, better standards, and better records on the part of club members. In a few States leaders bring in assistant leaders or selected older club members to the training schools.

In several States major projects for both adult and junior programs run in parallel 2-year cycles, and 4-H Club leaders are encouraged to attend adult-leader training schools, with opportunity for brief individual conferences with the specialist. Discussion indicated that in States where members of a single club carry a variety of projects, so that the leader must supervise several lines of work at the same time, it sometimes proves difficult to get a good leader attendance at training meetings.

4-H Club project publications need to set goals and employ approaches suitable to the interests of the age-groups likely to use them. Nutrition goals also should be developed in terms of the members' own interests, with the thought in mind that many members spend only one year in club work.

4-H leaders' manuals need to throw light on interest and approaches as well as on objectives, planning, standards, judging, individual and team demonstrations, and practical measures of results.

Several of the Central States have recently revised their 4-H foods and nutrition literature in general accord with the above principles. Especially mentioned were recent leader manuals from North Dakota giving help on interests, approaches, and activities; and new leaders' manuals from Ohio, developed as a result of "4-H workshop conferences," which include helpful material on standards, judging, and appraising the changes in information and attitudes on the part of club members.

III. Collection of leaflets suitable for use with Farm Security clients to be compiled.

Following discussion of the paper written by Miss Elizabeth A. Rivers (F.S.A., Region II), "The Present Opportunity and Need for Relaying Nutrition Information to Low-Income Farm Families Through Farm Security Administration Workers," it was agreed that each State represented should send in to Florence Inlay, conference chairman, 30 copies of such 1- or 2-page mimeographed or printed publications on food handling, meal planning, daily food needs, and related topics as are being successfully used with Farm Security clients. Miss Inlay promised to assemble one set for the Extension office and one for the associate State director of Farm Security, home management, in each State; and also to send a set to Miss Miriam Birdseye, Miss Grace Frysinger, (Ext. Serv.), and Mrs. Clara V. Thompson (FSA), in Washington. It is hoped that having on hand a considerable file of suitable material prepared by the various State extension services, which may be either duplicated with acknowledgments, or slightly revised, will make it considerably easier for cooperating Extension and Farm Security workers to provide the information on food handling needed by client families. It may also somewhat lessen the drain on printed extension publications.

IV. Summary of discussion on measuring results in the foods and nutrition program.

(Based on examples of statistical and nonstatistical measures selected from annual reports of State and county extension workers.)

Reasons for trying to measure progress in extension work were agreed to be:

To show results to others.

To see for ourselves whether and how progress is being made.

To help us analyze values.

To guide us as to future needs and programs.

Statistical measures are possible where quantities are involved. These are the measures commonly demanded by supervisors and reported by extension workers, showing number of extension activities carried on; people enrolled, contacted, or adopting practices; products made, repaired, raised, processed, sold, bought; dollars earned or saved; dollar-equivalent-values added to the real income; and the like.

Extension workers, however, recognize and work for other equally real but less readily measurable values - the subjective changes resulting from increased information, better understanding, broader vision, and application of general principles to individual situations. Such changes express themselves in thoughts, attitudes, choices, and decisions, as well as in actions, and are perhaps caught more frequently from experience-stories or anecdotal records than in other ways.

Examples of anecdotal records taken from an agent's report were evaluated. It was agreed that anecdotal records or descriptive measures gleaned from chance comments or from stories told by the women about their own progress or that of some neighbor, are important because they give meaning to statistical records, show reactions in different situations, and throw light on progress toward the so-called intangible values.

It was agreed that a satisfactory record of progress includes both statistical and descriptive measures, in proper balance.

Although intangible values or changes in appreciation and attitudes were once believed to defy direct measurement, methods are being gradually worked out for evaluating some of the "intangibles," and it is reasonable to expect that as time goes on we shall find ways of measuring others.

Dr. F. P. Frutchev (Ext. Serv.), discussion leader, suggested that the following responses formulated in a study on "Ways in which the appreciation of literature may manifest itself in behavior" may help to evaluate some of the intangible results of appreciation in other fields.

1. Satisfaction in the thing appreciated.

Appreciation of literature manifests itself in a feeling, on the part of the individual, of keen satisfaction in, and enthusiasm for, the thing appreciated.

2. Desire for more of the thing appreciated.

Appreciation of literature manifests itself in an active desire on the part of the individual for more of the thing appreciated.

3. Desire to know more about the thing appreciated.

Appreciation of literature manifests itself in a more active desire on the part of the individual to know more about the thing appreciated.

4. Desire to express one's self creatively.

Appreciation of literature manifests itself in an active desire on the part of the individual to go beyond the thing appreciated; to give creative expression to ideas and feelings of his own which the thing appreciated has chiefly engendered.

5. Identification of one's self with the thing appreciated.

Appreciation of literature manifests itself in the individual's active identification of himself with the thing appreciated.

6. Desire to clarify one's own thinking with regard to the life problems raised by the thing appreciated.

Appreciation of literature manifests itself in an active desire on the part of the individual to clarify his own thinking with regard to specific life problems raised by the thing appreciated.

7. Desire to evaluate the thing appreciated.

Appreciation of literature manifests itself in a conscious effort on the part of the individual to evaluate the thing appreciated in terms of the standards of merit to which he himself, at the moment, tends to subscribe.

It was felt that many of the criteria suggested above would throw some light on the growth of appreciation in the field of foods and nutrition.

Measurements constitute a vital part, but not the whole, of an extension program. They should be set up at the time a project is planned, in terms of long-range objectives of the program, as well as of immediate goals of the project.

Several specialists indicated an interest in coming together in small groups to clarify certain objectives of the foods and nutrition program as a basis for working out devices to measure some of its less tangible results.

V. Report of committee on electrical equipment for use in food preparation.

Note: Because some of the Central States have an extensive electrification program now underway, a committee was appointed to consider the problem. This committee held two meetings -- one an informal meeting of all

representatives interested, and another of the committee members. Their report, for lack of time, was not given at the meeting, but their recommendations are included in the general report for consideration in the future.

1. There is a need for more unbiased information on the selection, use, and care of equipment relating to food, such as range, refrigerator, mixers, electric ovens, and roasters.

2. Care should be used that demonstrators who understand use, operation, and care of electrical equipment, use only the most recent and approved principles and techniques of food preparation. A committee composed of representatives of the Bureau of Home Economics, the Extension Service, and the REA might consider this problem.

3. Nutrition specialists would appreciate the opportunity of being included in any training schools in the field of electrical cookery. The results of such training would thus be carried to all parts of the State.

4. The nutrition specialists would appreciate receiving any material prepared by the Division of Household Equipment of the Bureau of Home Economics relating to electrical equipment used in food preparation.

5. Appreciation is expressed of the many helpful services which are being rendered by the Extension Service, Bureau of Home Economics, and the other divisions of the Department of Agriculture to those who are engaged in the field of nutrition.

Grace Armstrong, Illinois, chairman,
Aneta Beadle, Indiana,
Alma Garvin, Ohio,
Florence Imlay, Kentucky.

Respectfully submitted,

Aneta Beadle, Indiana,
Conference Secretary.